

How To Become an AEHA Ottawa Branch Member

To become a member of the AEHA Ottawa Branch, please complete the following form and mail it with your cheque to the address below.

Date: _____

Name: _____

Address: _____

City/Prov.: _____

Country: _____ Postal Code: _____

Telephone No.: (____) _____

New Member ☐ Renewal ☐

Annual Membership Fee: \$ 25.00

Donation: _____

Total Amount Enclosed \$ _____

Thank you

Please make your cheque or money order for your membership fee payable to:

AEHA (Ottawa Branch)

Ottawa RPO Shopp/West Box 33023

Nepean, ON K2C 3Y9

Tel: (613) 225-6133

If charitable receipts are needed for donations, your cheque or money order **MUST** be made out to the **Allergy and Environmental Health Association**. If you wish your donation to be allocated to our branch, please put a note on the face of your cheque: "Donation for Ottawa Branch".

Canadian Registered Charity No. 0524496-11-14

We Invite You to Join Us

Please refrain from wearing smoke-laden clothing or scented personal care products to our meetings.

Membership in AEHA enables the association to serve you, and to reach out to others. Your membership entitles you to:

- ◆ A subscription to *The AEHA QUARTERLY*, our national newsletter, and to *Eco-Sense*, our branch newsletter (published three times a year — includes local calendar of events and articles of interest).
- ◆ *Ottawa Branch general meetings* — held six times a year (usually February, April, May, September, October and November) at McNabb Community Centre, 180 Percy Street, Ottawa, at 7:30 p.m., on the third Thursday of the month. Open to the public.
- ◆ *Ottawa Branch Board of Management meetings* — held monthly and open to all members.
- ◆ *A telephone tree* — to remind members of upcoming events.
- ◆ *Book and audiotape lending libraries* — available to all members.
- ◆ *Wild game and organic meat* — sold to members, subject to availability.

Our membership list is confidential.



ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION (OTTAWA BRANCH)

Learn how to deal with your:

- ◆ Allergies
- ◆ Environmental sensitivities
- ◆ Asthma

Contact:

AEHA (Ottawa)

Ottawa RPO Shopp/West Box 33023

Nepean, ON K2C 3Y9

What Are Environmental Sensitivities?

A growing segment of the population experiences a variety of adverse reactions to environmental agents at levels well below those that might be deemed to affect average persons. These atypical reactions are called environmental sensitivities.

Some agents that may act as triggers are:

- ♦ Naturally occurring or synthetic agents in air, water, food, personal and home care products: fabrics, furnishings; hospital, school and office equipment; office supplies and building materials; chemicals used and stored in the home, health care facilities, schools, workplaces, farms or industries and public transportation vehicles; pollens (grass, trees, plants and weeds), dusts, molds and animal danders.
- ♦ Artificial lighting and electromagnetic fields.

Symptoms:

The severity of symptoms ranges from mild discomfort to severe disability affecting daily activities, family life and career.

Environmental sensitivities can develop in individuals of any age, whether or not they have a past history of allergies.

The Environment and Human Health

Symptoms that have been known to develop through contact with common things in the environment include:

BRAIN/CENTRAL NERVOUS SYSTEM

(often inappropriately diagnosed as a psychiatric disorder) — headaches, extreme tiredness, dizziness, mood swings, confusion, depression, hyperactivity, memory problems, seizures.

LUNGS — infection, coughing, wheezing, tightness, breathing difficulties, asthma.

DIGESTIVE SYSTEM — cramps, nausea, bloating, gas, diarrhea/constipation, irritation, food cravings, weight loss/gain.

MUSCLES/BONES/JOINTS — stiffness, aches, pain, weakness, swelling, cramps, "arthritic" symptoms.

URINARY/REPRODUCTIVE SYSTEMS

— cramps, infections, itching, burning, urinary urgency or frequency, loss of libido.

MOUTH — metallic taste, dryness, cracked lips, excessive saliva, skin peeling or blistering.

EARS/NOSE/THROAT — frequent infections; itching, ringing or blocked ears, red earlobes; sneezing, itchy, irritated, blocked, runny or stuffy nose; irritated, hoarse throat; laryngitis.

EYES — infected, itchy, red, watery or puffy; some visual problems.

SKIN — cold, itchy, cracked, red, bruised or swollen; hives, rash.

How AEHA Can Help

AEHA is a national, registered charity operated by volunteers, with branches in cities across Canada, including Ottawa.

Together we strive:

- ♦ To promote awareness among individuals, communities, schools, corporations and governments of environmental conditions that may be harmful to human health.
- ♦ To find less-contaminated sources of food, water, clothing, personal and home care products, home furnishings and building materials.
- ♦ To bring individuals together for mutual support and education, through meetings and workshops.
- ♦ To keep members up to date through our national newsletter, *The AEHA QUARTERLY*, and our local newsletter, *Eco-Sense*, with information on:
 - ⇒ allergies, environmental sensitivities and related health issues;
 - ⇒ environmental concerns;
 - ⇒ product information and sources;
 - ⇒ recommendations for healthier living;
 - ⇒ national and local activities.

Printed on recycled paper.

Cette brochure est aussi disponible en français.

AEHA does not offer medical advice.